

# WHAT IS TILDA?



The **I**rish **L**ongitu**D**inal Study on **A**geing (**TILDA**) is a large scale, nationally representative, long-term study on ageing in Ireland.



**Irish Life** is a founding supporter of TILDA since 2006 as part of our CSR Programme. The other funders are Atlantic Philanthropies and Dept. of Health.



## TILDA VISION:

**'make Ireland the best place in the world to grow old'.**

### TILDA COLLECTS INFORMATION ABOUT PEOPLE AGED 50 AND OVER IN IRELAND.

- ✓ how health status, economic and social needs influence "successful ageing"
- ✓ contributions that older people are making to society and the economy
- ✓ health, economic and social needs of families and carers of older people
- ✓ biological and environmental components of "successful ageing"
- ✓ key components of health, wealth and happiness to help Ireland meet obligations and needs of ageing citizens.



## TILDA: A BENCHMARK FOR LONGITUDINAL STUDIES GLOBALLY



**>8,000**  
PARTICIPANTS

Four waves of research with over **8,000 people** completed.



**1** in every **156** people aged 50+ in Ireland



**160 INSTITUTIONS** IN **48 COUNTRIES** have cited research

INTERNATIONAL



**100+ MEDIA OUTLETS** have reported findings

*For more information*  
please visit [www.tilda.tcd.ie](http://www.tilda.tcd.ie)



**Irish Life** | in the *community*